

Exercises for Beautifying the Body.

LL outdoor exercises are valuable aids in evercoming bodfly defects and it is a pity that more women do not indulge in them. Gelf, which exercises muscles in all parts of the body, and compels long

walks in the open country, is one of the most beneficial games for correcting round sholders and protruding abdomen. This game particularly brings all of the shoulder and arm muscles into constant play, and when lifting the clubs the muscles at the sides of the waist and abdomen are stretched, providing, of course, that the body is not tightly clothed.

Tennie, swimming, handball and other sports are also beneficial, and to indulge in them greatly relieves the monotony of free-hand exercises, which must be pracrised in the home during the winter,

When walking and standing in the correct position, the body should be erect, but not too stiff and straight, and the upper body should appear to be in the lead and incline very slightly forward from the walst line. This can only be accomplished when the weight is on the balls of the feet and the abdomen and shoulders are held back.

Akwardness is another great destroyer of an otherwise befigure and grace and poise may be easily cultivated by the thinking woman who wishes to enhance all of her good points and better her health mean

Many women think they are too tall or too short, in fact few think they are just right. The short, dumpy woman should reduce her hips and bust and the tall, thin woman should try to fill out the upper body and groaden her chest and shoulders through daily and persistent exercise. Stretching exercises practised regularly will add several inches to the beight and the woman with short neck should force the head up as high

possible whenever convenient during the day. Raising the arms as though trying to reach the celling with the tipe of the fingers will stretch many muscles and help to make you tailer. Remember to carry the head and shoulders high if you would add several inches to your appearance, and that proper clothes, selected with care, will also make you appear taller or shorter, as may be desired.

SALLOW SKIN-MRS. FRANK
N.: Use buttermilk on the skin.
Glycerine and lemon juice equal parts.
applied to the skin will also bleach it
slightly, but this is drying to skin
may be caused by kidney or heart
rouble.

Advice on Courtship And Marriage

By Betty Vincent Loving a Girl for Her Faults.

we cannot forgive. Your letter shows understand much and forfor which reason you are an exceptional We often love some one as much for that person's faults and weaknesses as for his or her charms and character. These are cortain faults, however, which make for to others. The violation of confidence and the willingness to the hold another up to ridicule might make your marriage very unhappy. It does not seem to me the young woman can care very deeply for you if she finds it in her heart to treat you with so tittle consideration. It would net hurt your chances to wait a while and see if her behavior is mere wilfulness or whether it is the result of

sign of serious feeling. "Heartbroken." By all means have a plain talk with your flance. Meekness, when overdone, is a serious fault, Consider your own feelings, your own rights, just as you would consider another's. Do not scold or

a shallow nature which seeks only its

own gratification. Walt until she asks you to her home or shows some

Men hate to be taken to task, even when in the wrong. Above all, do not strike a pathetic note, or dry Be as casual as possible, yet be de? the nite and to the point. Tell him you cannot waste your life. Tell hun that his salary of \$25 a week, supple- pressible! I will see what can be mented by yours of \$18 (which you done."

mented by such or all (which yet)

mented by such o

H. S." We forgive faults acmerriment. Never get angry. Just
cording to our temperament skip out of his reach, with a laugh
and our understanding of his interest, but do not lose your own
What we do not understand reserve.



Original Dress Designs For the Smart Woman

By Mildred Lodewick

A Smart and Practical Suit of Beaver Taffeta.

robe differs greatly in character, according to whether it is for wear in the city or in the country. City clothes must be more or less subdued and practical, and nothing this year could be more smart than a suit of taffeta or satin. This spring there have been many more suits worn than separate frocks, and for the woman of lim ited means it has nany advantages. One may have numerou changes of blouses. which transform the atmosphere of a sult from practical to dressy at a third of the cost of a fronk. A suit of the character my design offers today could be worn almost any time or place in the city. Durk blue beaver taffeta to the most sultable medium of expression, with trimming of pin-tucked bands of the same. The skirt is plain around the lower portion, but slash pockets are in each side of the front above, and from them a tucked band starts its way around the hips. The jacket In its very broad shawl collar, which occupies the entire side front portion. It in gathered in the back to achieve the hunchy effect. Finishing the scarf ends of this

broad cellar that drop below the edge | color moire ribbon lend a su same being used to trim the wide cuffs. The cuffs are gathered into the tight sleeves to achieve their generous flare. The back of the jacket has two box plaits placed close together down the centre back, the belt chine dress of flesh pink color? It be either passing over or under them, according to whether a person desires the benefit of their lengthening line or not. A pleasing touch of contrasting color is introduced at the front, where two narrow strips of henna

A COSTUME THAT THE CITY WOMAN WILL WEAR THROUGH THE SUMMER.

of the jacket are tucked bands, the of a waistoont effect, though allow the front to be open in a co

Will you kindly advise me he to make up a little wash crops de for morning weer at a seacide resort. Am twenty-eight years of age, 5 feet 2% inches tall, weigh 128 pounds. Have

blond hair and br

trimmings as gested or the colla and ouffs eculd be of

White pearl I have three and onequarter yards of light blue linen, like sample inclosed, and would like to use it with something else for a summer suit or dress, Would appreciate a suitable suggestion from you. Am seventeen years of age, 5

feet 8 inches tall, MISS T. I. D. Blue dotted voile for a blouse with plain white frills, or an allwhite blouse would be pretty. Pearl button

ASEBALL TO BO H. C. WITWER.

Hot From the Box, Ed. Harmon, the World Famous Pitcher, Slides Into

the World War and Scores Big.

(Copyright, 1818, by Small, Maynard & Co.) SYNOPHIS OF PERCEDING CHAPTERS.

EAR JOE: Vivela, France,

Well, Joe, I was telling you how I hapepned to go to London. You remember the Captain figured he'd be pretty safe if I little favor to ask him, bowever, and that was if I could take Jeanne with

"Harmon," he says, "you are are-

SEAL HAFMON, the itcher, Slides into and time again that this here girl is my lawful wife—I ain't gonas tell was only lawful wife—I ain't gonas tell was was only lawful wife—I ain't gonas tell was was only tell wife on the was only lawful wife—I ain't gonas tell was was only tell was a please. If you can do the was allowed with one of the stewards which from it boat, you'll wash to the axes was tell sittle from the lawful was a please. If we will not be an expected of was not wife of the was not was violently opposed to be leve me!"

Joe, to show how scared he was, he rubs his hands in his hair, throws was to remain the fall was a please of the steward of the charming. I was to find that I was a please of the office, lawful wife—I was please to find that I was not be severed to the was to the was the was the was to the was not was violently opposed to be the fall was not be severed of the was not was violently opposed to be the was not was violently opposed to the tell was not be the was not was violently opposed to be the was not was violently opposed to be the was not was violently opposed to the the was not was violently opposed to the the was not the was not was violently opposed to the the was not the was not was violently opposed to the the was not to the was not to the was not t

They is a Canadian guy stundin' there, Joe, and he says a pound is English money, worth about five bucks in ours. I had forgot to change my bank roll into English, so we fixed it every hit they make, whether it's a warship or a rowboat, because this big boob in Berlin thinks that kinds attiff if kept up long enough will scare the Alleys into make.

You know, Joe, ute I expected to see axes and the like they is plenty of sharks and the like comin' through the walls. Oh boy! in the Channel, and if one of them 'This here boat was sure doin' a piece U-boats come along—Well, loe, Jeanne of rollin', now believe me! Comin'

was with me too, and even you can across the ocean was like a sail on imagine my feelin's.

They ain't a light showin' outside on the ship, and I like to broke my neck gettin' down to my stateroom, figured they was no use turnin' in then and there's Jeanne sleep.n' like a very little and very pretty baby, Joe. You where at least a man could get some

ittle and very pretty baby, Joe. You where at least a man could get some would think she didn't have a care in the world, which naturally she wouldn't, bein married to me.

I pulled over her suit case and sat on it and, Joe, for the next hour that's all I did. Just sit there and look at her and wonder how in Heaven's name she ever come to marry a big boob like me and what an awful thing it's gound be if them German hell hounds silp us a torpedo on the way across. Then I commence to with it. "What d'ye mean rippin't he says. "Oh, elegant!" I says, wishin' I had denied myself supper and be done way across. Then I commence to with it. "What d'ye mean rippin't figure what I'll do if we get hit, and I try to kid myself that they ain't no danger and, Joe, all in all, I'm "But don't you know, sir," be says, "the gore we pitch and toss, the havin' one terrible night, now, believe me! Tours truly.

ED HARMON.

"No," I says, "I didn't. But if that's on the level, i'm willin' to go out 32.

over here is like trying to mitted, sir," he rays, without a grin. hold a pink tea at a ball speak to the captain if you awak, rrupt. Anyway, I was telling and take a chance that they won't see us, in which event we would get slipped a torpedo. I says I don't see why we should get sunk goin' back to England, when they ain't nothin' on board but wounded soldiers and women. The steward ways it don't make no difference to the Germans what's on board a sbip, as long as they sink it. They get credit for every hit they make, whether it's a warship or a rowboat, because this

CHAPTER XVIII.

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CHAPTER XVII

fetch you one?" I says. "I got "Not right away," I says. "I got old

The Clue in the Air By Isabel Ostrander

Detective Story That Will Puzzle You With Its Mystery and Surprise You With the Unexpected.

SHRILL feminine scream that ended in a wail was mingled with a man's groaning curse, and then McCarty's deep voice boomed out

"In the name of the law! I've a warrant here for the lady"-His bull's-eye flashed and the young man leaped to the ground, but used at the muzzle of the revolver and the two grim faces behind it. The girl's slender figure rose in her seat.

"It's all over!" she sobbed. "I know what you want me for-the murder of Marion Rowntree!"

This is only a bit from Isabel Ostrander's new detective story.

Who is the girl that McCarty finds on the sidewalk? Whose body is it that Stephen Quimby claims at the morgue? What becomes of Tvy Collins? These are the questions you will ask yourself—you are bound to—if you

Begins on this page next Monday.



I have a very dress like sampledeep turqueise blue -which I would like to fix over for a dance dress this summer, What would you advise combining with tt? Also will you suggest a protty style? Am twenty-one years of age, thin,

cover up as mi as possible. I have a rather dark complexion, red lips, dark eyes, black tunic and lower sleeves, also over

Belf color silk net gathered full for shoulders. Silver thread run inco. pink roses.

ANYWAY THE SALMON WAS GONE.

6 6 TAMES," said Mrs. Mellow to the man servant "can you find out whether the tinned salmon was all eaten last night? 1 don't want to ask the new cook, because she may have eaten it, and then she

would feel uncomfortable." "Please, ma'am," replied James, "the new cook ate all the sale an' you couldn't make her more u comfortable than she is now."-